

ANNUAL REPORT  
TO THE  
BOARD OF TRUSTEES  
OF THE  
*Massachusetts*  
GENERAL HOSPITAL,  
FOR THE YEAR  
1836.

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BOSTON:  
PRESS OF JAMES LORING.

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# REPORT

OF THE

COMMITTEE APPOINTED BY THE TRUSTEES OF THE  
MASSACHUSETTS GENERAL HOSPITAL, ON  
THE FIRST OF JANUARY, 1837.

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THE Committee of the Trustees of the Massachusetts General Hospital, appointed to examine the accounts of the Treasurer, and prepare the annual statement of the condition of the Institution, to be laid before the Corporation, respectfully report,

That the accounts of the Treasurer and statement of the property of the Corporation in his keeping, have been examined and vouched, and are correct.

The annexed Report of the Superintendent of the Hospital in this city, exhibits its condition, receipts and expenditures, during the past year, and affords satisfactory proof of its great usefulness ; while the Trustees, from personal observation, are enabled to bear testimony to the faithful manner in which all the duties of its various departments have been fulfilled.

The increase of its expenditure is satisfactorily accounted for, by the great rise in the prices of provisions, and necessary augmentation of the wages of the attendants and domestics ; and the varying additions gradually and unavoidably accruing in the expenses of an establishment so extensive and devoted to such purposes.

As the organization and management of this branch of the Institution, have been recently the subject of a previous annual Report, the Committee are not aware of any circumstance calling for especial notice, excepting an important change which has been made in the manner of admitting patients ; the duty of previous examination and of certifying the propriety of admission, being now vested in the Assistant Physician, subject to regulations prescribed by the Board, instead of devolving, as formerly, upon the Visiting

Committee ; who retain, however, the supervision and exclusive control over such admissions. This measure was found necessary from the inability of the Trustees to make those personal inquiries into the pecuniary condition and other circumstances of the applicants, upon which admission, and the terms of it, should depend ; and without which inquiry, much imposition might be and frequently was practised. And experience has demonstrated the wisdom of the change, in the great comparative increase of the ratio of pay patients ; while it is confidently believed, that no diminution has taken place in the extension of the beneficence of the Institution to the meritorious poor.

There is very great need of a further ward in this establishment for the accommodation of patients affected with fevers, erysipelas and other diseases requiring entire separation from others ; and the subject has been often pressed upon the Trustees with much urgency by the attendant Physicians.

It has also not unfrequently been found necessary to refuse admission to persons fully entitled to the privileges of this charity, from want of sufficient accommodations ; and the painful necessity of rejecting applications of persons of color, has sometimes arisen from the unwillingness of the ward patients to admit among them individuals of that description, and from other considerations founded in the present arrangements ; and the Committee are therefore of opinion, that as soon as funds can be obtained for that purpose, a new wing should be erected to contain the desired ward, as also for the accommodation of those, who for want of it, are thus unavoidably exposed to the distressing ills of sickness and poverty ; and which addition might also contain a receiving room, and other apartments, which would be great acquisitions to the convenience and comfort of the establishment.

The annexed Report of the Steward of the Mc Lean Asylum exhibits the condition, receipts, expenses and operations of that department, and is particularly interesting as affording a further developement and illustration of the effects of the admirable system of moral treatment introduced by the late Superintendent and Physician, and which, if persisted in, promises to render this In-

stitution at least equal to any that has been established for the relief of this prominent among the severest of human afflictions.

The want of accommodations sufficient for female patients, had become so urgent, and the consequent unavoidable rejection of numerous applications so painful, that the Trustees felt imperatively bound to construct, without further delay, an addition to the southern wing ; making it to correspond in general design with that on the north. And being furnished with plans by Dr. Lee, they proceeded to erect a building containing about fifty apartments, believed to be adapted to all the present wants of the Institution, which will probably be ready for occupation in the course of the ensuing summer, and which it is proposed to denominate the Belknap ward, as suggested in a previous Report, in order to perpetuate the remembrance of the obligation conferred by the lady of that name, to whose munificence the Asylum is so signally indebted.

The site of the building making it necessary to remove the old lodge, a new one has been erected, detached from it, containing several rooms for female patients, when entire seclusion may be necessary, and which are so constructed as to secure them light, and air, and warmth, and every other comfort of which their condition may admit, and which, *at the suggestion of the patients*, is denominated the Cottage.

The Trustees have bestowed much attention upon these edifices, and consider them to reflect great credit upon the architects, and Mr. Mc Allaster, who also superintended their construction, and upon the persons employed in their erection.

The total expenses are estimated not to exceed \$40,000, and will, of course, constitute a corresponding deduction from the productive capital.

But it has been made under no apprehensions of future deficiency ; it being confidently believed, that an Institution so beneficent in its character, conferring such unquestionable and inestimable blessings upon the most afflicted of our race, and reflecting so much credit upon the liberality of the community, will never be permitted to languish, or become limited in its sphere of usefulness from any want of necessary funds.

It has also been found necessary to purchase about six acres of land adjoining that before belonging to the Institution, for agricultural and other purposes deemed of the highest importance, and which cost about six thousand dollars.

The most prominent event to be recorded in the annual history of this Department, is the sudden removal of him, who, at the commencement of the year, was at its head,—more than fulfilling the high hopes, which talents, attainments, manners and principles peculiarly adapted to that responsible and arduous station, had inspired.

The interesting Report made by him of his administration of its concerns, and of the introduction of the system of moral and religious treatment above referred to, the happy and almost magic effects of which it has been our privilege to witness, is still fresh in our minds ; and should be perpetuated by this Institution, an undying memorial of his worth and of his claims to be ranked among its benefactors.

The pledge which he then gave in humble reference to the will of Him in whom he trusted, that “ Whatever might be the results of the year upon which he was entering, it should leave him with the consciousness of having endeavored to discharge his duty,”—he was not permitted wholly to redeem here ; but enough, and more than enough had been done, to assure us that had he been spared to its close, that consciousness would, indeed, have been his ; and to make it no less our pleasure than our duty to pay to his memory the tribute of our gratitude and respect.

The disposition, talents and principles of Dr. Lee, combined with personal appearance and address, winning immediate confidence and respect, seemed to qualify him, in a preeminent degree, for this conspicuous station in the great enterprise of philanthropy. And by the introduction of a system of domestic intercourse with the patients, and of occupations and amusements tending to recall and awaken the soothing associations of happier days ; and above all, by the institution of the ordinances of religion, whose holy influences have been thus proved a healing balm to the shattered intellect, as well as the broken heart, he



seemed to be rapidly converting an abode of the insane, into a home of tranquillity, comfort and affection.

His early death, which it is feared was hastened by his assiduous and unremitting efforts, adds another to the striking instances of that mysterious dispensation, which, alike on occasions of public and domestic grief, bids us turn from the otherwise hopeless darkness overshadowing the path of life, to the faith that tells of the brighter world beyond, and of the departed, as only removed to a higher and holier sphere of usefulness and enjoyment.

Since his decease, which took place on the 29th of October last, the medical duties of the Asylum have been performed by Dr. Thompson, of Charlestown, who was employed by the Trustees for that purpose ; while those pertaining to the care and management of the patients, have been discharged in the most exemplary and satisfactory manner by the Steward, Mr. Columbus Tyler, and by all the other officers and attendants in their various stations.

Where all have been so faithful, it might seem invidious to speak of one more than of another, if it were not the conviction of the Committee that they utter the sentiments of all as well as their own, in remarking upon the claims of Mr. Tyler (who was thus unexpectedly placed at the head of the Institution) to the especial consideration of the Corporation, for the signal ability and fidelity, with which since the decease of his friend, he has carried on the system established by him in its minutest details ; and by which its excellence is made the more apparent, as containing within itself the principles which render it so efficacious, and as not entirely depending upon the individual mind which first formed it, and the spirit which gave its first impulse.

The arduous and responsible duties of Mrs. Tyler, the matron of the Female Department, have also continued to be discharged in a manner most useful to the Institution and honorable to herself ; while at the same time it is a subject of grateful reflection that Mrs. Lee, during her residence at the Asylum by invitation of the Trustees, since the death of her husband, has continued unremittingly to render the same highly valuable services, in the

Female Department, which she had been previously accustomed to bestow.

In the selection of a successor to Dr. Lee, the Trustees were mainly anxious to procure one able and disposed to carry out the same systems of medical and moral treatment which had proved so eminently successful; considering that this was plainly marked out as the path of duty, by the results which have so abundantly demonstrated their excellence.

And they have the happiness to believe, that in the appointment of Dr. Luther V. Bell, of Derry, New Hampshire, who has recently distinguished himself in that State by his exertions in behalf of the Insane, they have found one competent, (and as they have every reason to believe) disposed to pursue the plans thus happily commenced and illustrated by his predecessor; and to carry them on with constantly increasing improvement.

The Trustees feel that there is cause for great gratitude, that this Institution enjoyed so long the talents and services of the honored individual, (Dr. Rufus Wyman) whose fortune it was to lay the broad and deep foundations of its usefulness and reputation, and whose invaluable services shed so bright a lustre upon its early history; and that when he retired, exhausted by the toils and responsibilities of seventeen years devoted to its arduous duties,—a successor was given to follow out his designs, to raise still higher this fabric of Benevolence, and institute further inestimable improvements for the accomplishment of its great design. And commending its destiny to the same Beneficence which raised, and has hitherto sustained it, they rely with confidence upon the ability and devotion of him to whose direction it is now mainly entrusted, that he will prove himself worthy the responsible station to which he is called; and that when his labors shall be ended, his name shall be numbered with those of his predecessors, among the benefactors of his race.

By order of the Committee,

CHARLES G. LORING, *Chairman.*

*January, 1837.*



# REPORT

OF THE

SUPERINTENDENT OF THE GENERAL HOSPITAL IN Mc LEAN STREET, BOSTON, FOR THE YEAR 1836.

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*Admitted at the Massachusetts General Hospital, from January 1, 1836, to January 1, 1837.*

	Males.	Females.	Total.
Patients paying board . . . . .	200	61	261
do. do. part of time . . . . .	19	11	30
do. entirely free . . . . .	113	81	194
Whole number . . . . .	332	153	485

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*Discharged during the same period.*

	Males.	Females.	Total.
Well . . . . .	158	66	224
Much relieved . . . . .	78	25	103
Relieved . . . . .	31	21	52
Not relieved . . . . .	37	18	55
Died . . . . .	31	13	44
Unfit . . . . .	0	2	2
Eloped . . . . .	2	0	2
Whole number . . . . .	337	145	482

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Proportion of deaths to whole number of results this year,—1 in 11, nearly.

	Private.	Ward paying.	Free.	In the whole house.
Greatest N <sup>o</sup> . of patients at any one visit	6	29	45	63
Least do. do. do.	0	10	21	40
Average population . . .	3.5	17.3	30	50.5

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From the above summary it appears that the free patients, though admitted in less numbers, have occupied on the average about  $\frac{5}{8}$  of the ward beds. It follows that they remain longer, and the difference is as follows, viz.

Average time of stay of ward-paying patients,	3 $\frac{1}{7}$ weeks.
do. do. do. free do.	5 $\frac{5}{7}$ do.

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### *Analysis of Patients.*

	Free.	Paying.
Males.....Sailors . . . . .	10	21
Mechanics . . . . .	36	58
Teamsters, drivers, &c. . . . .	9	11
Farmers . . . . .	9	10
Clerks, traders, &c. . . . .	6	23
Laborers . . . . .	47	41
Minors . . . . .	10	5
Domestics . . . . .	5	12
In private rooms . . . . .		37
Females....Domestics . . . . .	57	29
Wives . . . . .	14	12
Seamstresses, tailoresses, &c. . . . .	13	15
Spinsters . . . . .	1	3
Minors . . . . .	7	7
In private rooms . . . . .		2

It appears from this analysis, that more than one quarter of the whole number of free patients were female domestics, and nearly another quarter laborers, of whom about  $\frac{5}{8}$  were Irish.

*The annual expenses for 1836 were,*

Stores . . . . .	\$6958 22
Wages . . . . .	3703 51
Fuel . . . . .	2156 91
Furniture . . . . .	1273 07
Stationary . . . . .	75 61
Grounds . . . . .	71 17
Medicine . . . . .	1185 54
Repairs and improvements . . . . .	2307 97
Contingent . . . . .	218 25
	<hr/> \$17,950 25
If from the amount of annual expense . . . . .	17,950 25
be deducted, as in the last annual report, the charges of repairs, grounds and con- tingences . . . . .	<hr/> 2,597 39
and the balance . . . . .	15,352 86
be divided by 52, equal to . . . . .	295 25
and this again by average population 50.5, there remains for weekly expense of each patient . . . . .	5 84

GAMALIEL BRADFORD, *Superintendent.*

# REPORT

OF THE

STEWARD OF THE Mc LEAN ASYLUM FOR THE INSANE,  
FOR THE YEAR 1836.

The number of patients remaining Jan. 1, 1836, were,—

	Males.	Females.	Total.
	47	30	77
Received Dec. 31, 1836 . . .	56	50	106
Enjoyed the advantages of the Institution	—	—	—
during the year . . . .	103	80	183
Removed Dec. 31, 1836 . . .	60	52	112
Remaining Jan. 1, 1837 . . .	43	28	71

Of the number discharged, were—Recovered	64
Convalescent	7
Much improved	2
Improved	5
Not improved	9
Order of Committee	15
Died	10—112

Of the 106 received, 76 were recent cases, or not of more than six months' duration on reception, and have

Recovered	53
Convalescent	8
Much improved	5
Improved	4
Not improved	3
Died	3—76

Of the 30 cases of more than six months' duration on reception, have

Recovered	7
Convalescent	5
Much improved	4
Improved	5
Not improved	6
Died	3—30

Of 89 admissions from Jan. 1, to Sept. 30, inclusive, have

Recovered	53
Convalescent	10
Much improved	7
Improved	6
Removed prematurely and by request	4
Not improved	4
Died	5—89

Of the 71 patients remaining Jan. 1, belong to

Massachusetts	45
Maine	8
New Hampshire	8
Rhode Island	3
New York	2
British Provinces	5—71

Of Females, are married	11	Widows	7	Single	10—28
“ Males, “	10	Widowers	0	“	33—43

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71

Of the nine discharged, not improved, five were hopeless cases of Masturbation at the time of their admission; two Idiotic at the time of admission, and two had insufficient trial. Of the deaths, 1 was of Phthisis Pulmonalis; Old Age, 1; Mania with Convulsions, 1; Dysentery, 1; Suicide, 1; Marasmus, 2; Fracture of Neck of Thigh Bone, 1; Acute Inflammation of Mucus Membrane, 2. Total, 10. The case of Phthisis Pulmonalis was



brought here in the last stage of the disease, weighing fifty-five pounds, and died in four days after admission. One of the cases of Acute Inflammation had been insane twenty-six years, had become very crooked, and almost unable to walk from remaining habitually in a sitting posture, with extreme emaciation and bad habit of body, having had an ulcer on one foot for many years. He was admitted five weeks previous to his death, and had made good improvement in his habits when the disease attacked him which ended his existence.

The system of Moral Management pursued, is the same as that of the last year, and will be seen by reference to the last Annual Report. Our amusements are various and numerous. We keep a carriage, two carryalls, one chaise and four horses, which are devoted almost exclusively to the use of the patients. Many of them ride every fair day, and have, the last year, ridden ten thousand miles. The Males are also engaged at bowls, quoits, bass-ball, fishing, fancy painting, walking, dancing, reading, swinging and throwing the ring, &c. Of the one hundred and three Male patients who have been in the Institution during the year, seventy have been engaged in out-door amusements, passing, in this way, three thousand five hundred and forty-one hours. Seventy-seven have walked ten thousand four hundred and thirty-one miles. Some have walked, individually, over one hundred and fifty miles per month. Twenty-four have occupied one hundred and nineteen hours in fishing.

In our "Labor Department" the patients have been equally active and interested. Seventy-seven of the Males have engaged in manual labor, and have worked, allowing six hours per day, (more than which no patient has been asked to work) one thousand seven hundred and ninety-eight days.

Gardening, the cultivation of flowers and farming, as usual, have occupied and interested many of the patients during the whole season. The tastes and wishes of each individual have been, in all cases, consulted as far as possible; and while some were engaged with the team, others would be equally ambitious to excel in planting, hoeing, or in displaying their taste in the arrange-

ment of the flower-beds and borders. Thus their irritability was expended in healthy exercise and occupation, and instead of meeting them in the halls in tattered garments with oaths and imprecations, we are greeted in the walks with the affectionate grasp of friends, their countenances glowing with pleasure and contentment, and each commenting, in his own way, upon the business of the day.

Nor has our labor resulted in mere amusement, as the harvest of our crops abundantly testifies. Our farm and lands, inclusive of all the grounds occupied by the buildings and courts, consist of twenty-five acres. We have raised, for the most part, vegetables enough of every kind to supply the Institution for the year, and have cut hay sufficient to keep five horses and six cows, besides storing eighty barrels of apples and fifty bushels of pears. We have also made rose-water enough for medicinal and culinary purposes, and disposed of fifteen dollars worth. The net profits of our farm and garden, for the past year, have been \$500,00.

In April (the 20th) we opened the dome of the Male wing as a carpenter's shop for the patients, having previously secured the services of a judicious carpenter to superintend and work with them; and although we were confident of success, our hopes have been more than realized. Not the least accident has occurred, *although the patients have not been restricted in the use of tools*, and herein, as I conceive, our safety lies. The patients feeling themselves under no restriction, consider that they are placed upon their honor, and their self-respect being called into action, they would not forfeit the confidence and good opinion of the officers for any consideration. *Give a man constant employment, treat him with uniform kindness and respect, and however insane he may be, very little need be feared from him, either of mischief or violence.*

Fifty patients have worked in the shop, at six hours per day, and have been employed eleven hundred and fifty-one days; and made seven thousand two hundred and thirty-six boxes, which have been sold for \$907,06.

In cases of masturbation, we depend *entirely* on labor for res-

toration. *During a residence of ten years in this Asylum, I have never known a single case of masturbation to be cured, unless the patient engaged in regular labor.* This is a very large and most unfortunate class of the insane. We seldom receive a case of this kind in its incipient stage. It is so insidious in its approach, that before the friends of the patient are aware of his situation, he is past recovery. Labor promises the only relief. More improvement in this class has been evinced the past year, than in all the others together, and *work alone* has effected it.

The results in the Female wing have been equally interesting. Fifty patients have been received. Of this number, have recovered, 30. Convalescent, 8. Much improved, 5. Improved, 3. Died, 4. Total, 50.

The "Belknap Sewing Society" continues its operations, and affords agreeable occupation and diversion for its members. They continue their regular weekly meetings, which are held in the oval room of the Mansion House, or in one of the halls of the wing. In the absence of the presiding officer, the meeting is organized by choosing, on nomination, by a vote of a majority, one of the members to act as President pro tem., whose duty it is to oversee the work and read some interesting story selected for the occasion. Their employment is piecing and quilting bed coverings, and making and mending garments and furniture for the Institution and the patients. After the labors of the day are over, tea is passed round and then the meeting adjourns. The account of each day's proceedings is recorded in the Society's book. It is sixteen months since the Society was organized, and the avails of their work have been, in cash, \$112,96.

In all our amusements and recreations, it is our intention to blend utility with labor or diversion. Thus when we walk or ride, some object of interest is sought to visit; and in this respect, the advantages of the locality of the Institution are preeminent. It stands in the midst of the most interesting portion of New England, isolated from the noise and throng of business, but in full view of the capital and its beautiful environs. During the excursions of the past year, the patients have visited repeatedly the

Navy Yard, Glass Houses, State Prison, Fresh Pond, on which sailing was enjoyed, Winship's Nurseries, Institution for the Blind, Dorchester Heights, East Boston, Mount Auburn, Chelsea Hospital, the Houses of Industry, of Correction and of Reformation, at South Boston, and some of the Green Houses in Brookline and other places. In these excursions the patients have uniformly conducted with perfect propriety.

Following out this plan, (of the combination of labor with utility and pleasure) the Belknap Sewing Society is professedly and operatively benevolent. They furnish clothing for any of their members who may be needy, and sometimes purchase for themselves articles of taste and fancy; and they seek out and assist the afflicted and destitute of the neighborhood. The poor widow, whose husband was killed in a sudden and shocking manner, last summer, by the rail-road engine, was visited, and mourning was provided for herself and daughter at the expense of the Society. They called a special meeting and deputed a member to purchase the articles necessary; and with their accustomed promptness, made them with their own hands. I mention this, not as an act of charity worth naming, but as exemplifying the fruits of the system of moral management which is pursued, and to show that our patients are not excluded from society, and that there is scope enough for useful occupation, even here. The making of the dresses for this widow and her daughter, for the time, engaged the united interest and attention of all. Diseased manifestations were quieted in the universal feeling of sympathy for that afflicted family. This being over, something else would be found to excite a similar interest—and a succession of objects to engage their attention and call into exercise the better feelings of their nature, has helped to do away, little by little, diseased impressions, and bring about, with many, the healthy and natural operations of the mind and body.

Our social meetings for diversion and recreation continue to exert a benign influence on the convalescent. The weekly dances are continued with unabated interest, and the deportment of the patients, without a single exception, has been respectful



and appropriate. Fifty-four of the Males and fifty-two of the Females have attended on these occasions. A sure guaranty against all improprieties is found in the constant attendance of both nurses and officers, who take an active part in the amusements. We assemble at an early hour of the evening, and the recreations consist in alternate dances and marches, with occasional songs, accompanied by the piano. At eight o'clock refreshments are served, and at nine the party "breaks up." For two or three days before the party, the Females are engaged in preparing their dresses for the occasion, and for some days after, they have a fund for remark in the events of the evening. The Males, also, are often found practising the figures of the dance, and perfecting themselves in the marches during the week. The Females have, besides, meetings every afternoon in the oval room during the winter season, at which they read one hour, and pass another in practising upon the piano and in the exercise of dancing.

In this connexion I will remark, that in August last, the Male patients and their attendants organized themselves into a military company, made their by-laws, chose their officers and took the name of the Mc Lean Guards. They marched out into the street for a drill twice each week.

Our religious meetings and exercises, mentioned in the last Annual Report, have been continued, and with all the success which the trial of last year led us to anticipate. Seventy-nine of the Males and sixty-six Females have attended family prayers. Not the least disturbance has been witnessed; but a great degree of solemnity, suited to the occasion, has universally been maintained, and the patients of both departments, with a few exceptions, depend as much upon being present at this exercise, as upon their daily meals. The attendance at prayers is altogether a matter of choice.

We have had preaching nearly every Sabbath evening during the year. Several clergymen in this vicinity have contributed, very cheerfully, their services, and to them we tender our united thanks. They have universally expressed surprise at the wonderful stillness and attention of the audience.



Fifty of the Males and forty-six of the Females have attended public worship at Charlestown and Cambridge.

Our Females, the past year, have ridden some thousands of miles, walked in the country one thousand one hundred and fifty-nine miles, walked in the garden one hundred and fifty hours, folded and ironed clothes one thousand and twenty-five hours, and assisted in domestic concerns one thousand and twenty-five hours.

In addition to the work before stated as having been done by the Males, they have sawed, split and piled all the wood for the whole establishment, viz. two hundred cords; and have carted one hundred cords from the wharf to the house. Work promises much, and it has been the aim of the Institution, the past year, to keep every patient employed in labor as far as possible. One patient has braided and sewed one hundred palm-leaf hats.

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*The Annual Expenses for 1836, were,*

For Stores . . . . .	\$7,426 49
“ Fuel . . . . .	1,978 56
“ Stationary . . . . .	28 73
“ Wages . . . . .	2,885 04
“ Medicine . . . . .	607 07
“ Contingencies . . . . .	616 59
“ Furniture . . . . .	649 63
“ Repairs . . . . .	306 41
“ Improvements . . . . .	223 84
“ Diversions . . . . .	934 55
“ Library . . . . .	18 83
	<hr/>
	\$15,675 74

<i>Item of Stores—</i> Beef . . . . .	14,837 lbs.
Mutton and Veal . . . . .	4,836 “
Pork . . . . .	2,450 “
Molasses . . . . .	474 galls.

Milk	.	.	.	2,410	galls.
Genesee Flour	.	.	.	144	bbls.
Rye	"	.	.	1½	"
Crackers	.	.	.	7	"
Eggs	.	.	.	174	doz.
Lamp Oil	.	.	.	266½	galls.
Meal	.	.	.	89	bshls.
Poultry	.	.	.	255	lbs.
Fish, fresh	.	.	.	4,000	"
" salt	.	.	.	8	qtls.
Coffee	.	.	.	889	lbs.
Souchong Tea	.	.	.	314	"
Cheese	.	.	.	1,500	"
Butter	.	.	.	5,281	"
Rice	.	.	.	1,848	"
Sugars	.	.	.	3,321	"

Some of the convalescent dine regularly in the centre building with the family, and three of the chambers in the centre building have almost constantly been occupied by convalescent females. Our food is simple and plain, but served in abundance ; and the fare of the patients in the wings is precisely like that of the family, unless a different diet be prescribed in particular cases by the Physician.

In relation to Diet—a case came under my knowledge which bears directly upon the subject, and the facts of which I think ought to be known, as they may be the means of directing the course of treatment in similar cases.

Since my residence here, a Male patient was admitted possessing great muscular power, weighing two hundred pounds, and remarkably athletic in form. He was in the highest degree of irritability and violence. His occupation had been carrying bricks and mortar for masons. He boasted of his great strength and of his pugilistic attainments, and delighted in quarrelling ; and would try many ways to bring himself into collision with the officers and attendants. He was put upon low diet, with cathartics three

times each week. His breakfast and supper consisted of a bowl of gruel, with half the common allowance of bread and butter; his dinner, of a moderate quantity of pudding and vegetables with bread, and one mug of small beer. On this fare he continued some months, constantly growing more troublesome and dangerous. When walking in the courts, he would always seek for nails or pieces of glass, with which he would make weapons of danger and mischief. Various restraints were tried, but without avail. In this way he continued doing all the mischief he could. At last he was kept entirely in his room. In a few days he had almost spoiled a bedstead and the casing (which was of hard wood) to his window. Upon entering his room one day, and finding him, as usual, at mischief, I said to him, "My dear sir, hear me for a moment—you are here, in this state, causing yourself a great deal of useless labor and us much unnecessary anxiety; all of this mischief will be charged to you, and neither you nor your friends are able to pay for it. Now what shall be done?" He replied, "I am ready to make a bargain with you for one week; at the end of which time, if we can agree, we will make another. Give me as much coffee, tea, bread and butter, pudding and vegetables (I will not ask meat) as I desire, and I will give you no trouble." Believing that nothing could be lost in the experiment, I complied. "But," said I, "if at any time your attendant does not give you enough, send for me before you swerve from this bargain." "Agreed," he replied, and I left him and gave his attendant directions accordingly. The first meal after this was dinner, of which he ate immoderately, and in a few minutes after he was found in a sound and tranquil sleep, which continued till near tea time. He had not slept much for a long time previously. The week passed off in perfect quietness, and at the end of it, he said to me, "Continue your course and I will mine." We did—and in a few weeks added meat to his dinner. Complete recovery in four and a half months was the result. We have met several times since his discharge, and he remains well, and remembers, with gratitude the day, when, as he says, "We both made a good bargain."

To the conductors and proprietors of the several places of interest which our patients have visited, and to the Messrs. Winship of Brighton, in particular, we tender our grateful thanks for the uniform politeness and kindness, which have been extended to all connected with the Institution in our visits to them. We have been received with open arms, and the effect upon our patients has been highly comforting and beneficial.

COLUMBUS TYLER, *Steward.*

*Mc Lean Asylum for the Insane,*  
*Jan. 14, 1837.*

On the occasion of the lamented death of the late Dr. THOMAS G. LEE, Physician and Superintendent of the Mc Lean Asylum for the Insane at Charlestown, at the residence of Dr. Woodward at Worcester, a special meeting of the Trustees of that Institution was called on Sunday, the 30th of October last, when the following votes, expressive of their feelings were unanimously adopted :—

*“ Voted,* That such of the Trustees as can do so, will attend the funeral services of Dr. Lee, at the Rev. Mr. Crosby’s church in Charlestown, this afternoon, and thence will proceed to Mount Auburn with the funeral procession.

*“ Voted,* That the Board, while submitting in sorrow to the dispensations of Providence, cannot but feel deeply the loss which the Institution under their care, and the public, have suffered in the lamented death of Dr. Lee. They had known him long enough to appreciate his talents, his attainments in his profession, his remarkable and entire devotion to the pursuit in which he had engaged, the beautiful purity of his character, the elevation of his views, and the propriety of the means by which he sought to attain the most worthy objects. They have often been struck with the soundness of his judgment and the kindness of his manners ; and have perceived in the Institution of which he was the Superintendent, the happy influence of his professional skill combined with the cheerfulness and gentleness of his deportment, and the piety which was the habitual guide of his life. After an association of nearly two years of an intimate character, they can say with truth, that they have nothing to regret in their intercourse with him, but its premature close. They had hoped to see the Mc Lean Asylum long increasing in usefulness under his care,



and to witness the extension of his well-earned reputation for many years ; and they cannot suffer him to pass to the grave without paying a just tribute to his many admirable qualities, and his peculiar fitness for the station in which he was placed.

“ *Voted*, That the Board sympathize sincerely in the grief which this bereavement has caused to his friends and the family resident in the Asylum, and especially to his afflicted widow. They would not venture to offer consolation under such circumstances ; but as an expression of their regard for the memory of Dr. Lee, they will discharge every expense attending his last illness, and continue his salary to Mrs. Lee until the first day of April next.

“ *Voted*, That the thanks of the Board be presented to Dr. Woodward and his family, for their kindness and assiduous attention to Dr. Lee, during the illness which terminated in his death.

*Attest,*                      WILLIAM GRAY, *Secretary.*”

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At the Annual Meeting of the Massachusetts General Hospital, held January 25th, 1837, it was

“ *Resolved*, That the members of the Corporation are deeply sensible of the bereavement sustained in the death of the late lamented Superintendent and Physician of the Mc Lean Asylum ; that they accord entirely with the sentiments expressed upon this subject in the votes passed on that occasion, and that the expression of their respect for his memory, and of their sincere sympathy, be communicated to Mrs. Lee and his family.

“ *Resolved*, That the record of the proceedings of the Trustees on that occasion be printed with the Annual Report.”

## APPENDIX.

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As evidence of the salutary effects produced by labor, the following cases are selected by the Steward from many that have occurred during the past year.

CASE 1.—A young man was brought to us handcuffed, who had been insane six months, and during half of that period had been chained to the floor,—constantly growing worse, (as any one would under similar circumstances,)—and disposed to tear his clothes and be filthy. We immediately removed his chains and fetters, and with the assurance that we were true friends to him, and would treat him kindly, he seemed very much pleased and happy; but he was noisy and much excited and loud in his curses upon those who had chained him; he was taken into the garden to work the next day, and continuing work daily, his excitement soon passed off. In six weeks from the time of his admission, he rode with me to Boston and selected a suit of “Sunday clothes.” In less than two months he was permitted to work without an attendant, and before the end of three months he was discharged well.

CASE 2, was brought here three months since, in a very distressing state. He had been insane more than three years. Was violent, troublesome and filthy. Had been kept in a cage, his friends believing him under the influence of supernatural powers. In his cage he gave full scope to his diseased fancies,—lost all self-respect,—tore up his clothes and defiled his person. His keepers would, occasionally, “drive him out” to a pond near by and make him wash himself, and then return to his cage. On the approach of cold weather he was brought to this Institution “to stay till it could be ascertained if he were really bewitched.” For a few days after admission, he continued his filthy habits; but within three weeks he kept himself neatly clothed, and worked daily. He is now with the convalescent, quiet and respectable, and in a fair way to recover.

CASE 3.—A periodical case of excitement, the turns recurring once a month and lasting two weeks; very filthy, and so furious that it was only with great difficulty clothes could be kept on him. He had been in the Institution two years with no improvement. During his tranquillity he was listless and childish,—slept most of the time,—and could be occupied or diverted very little. At the time of opening the shop, he being tranquil, was induced to go to work, and was placed in the upper story with the most quiet patients. He soon became interested, was taken to ride, fish, &c. for relaxation; continued his work with daily added interest, strength and vigor; and in five months was discharged well. He has been, ever since his discharge, employed at his former trade, is industrious and faithful, and gives satisfaction to his employers.

# OFFICERS OF THE INSTITUTION. 1837.

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EDWARD TUCKERMAN, *President.*

JONATHAN PHILLIPS, *Vice-President.*

HENRY ANDREWS, *Treasurer.*

WILLIAM GRAY, *Secretary.*

## TRUSTEES.

CHARLES AMORY,

GEORGE BOND,

N. I. BOWDITCH,

MARTIN BRIMMER,

THOMAS B. CURTIS,

HENRY EDWARDS,

SAMUEL A. ELIOT,

ROBERT HOOPER, JR.,

SAMUEL LAWRENCE,

CHARLES G. LORING,

ROBERT G. SHAW,

JOHN P. THORNDIKE.

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## *Consulting Physicians.*

JOHN RANDALL, M. D. GEORGE C. SHATTUCK, M. D. ABRAHAM

R. THOMPSON, M. D. JOHN WARE, M. D.

## *Consulting Surgeons.*

GEORGE B. DOANE, M. D. JOHN JEFFRIES, M. D. ABEL L.

PIERSON, M. D. SOLOMON D. TOWNSEND, M. D.

### Officers of the Hospital.

GAMALIEL BRADFORD, M. D. *Superintendent.*

JAMES JACKSON, M. D.

WALTER CHANNING, M. D. } *Physicians.*

JACOB BIGELOW, M. D. }

JOHN C. WARREN, M. D. }

GEORGE HAYWARD, M. D. } *Surgeons.*

JOHN B. S. JACKSON, M. D. *Assistant Physician.*

MORRILL WYMAN, *House Physician.*

SAMUEL PARKMAN, *House Surgeon.*

CHARLES K. WHIPPLE, *Apothecary.*

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### Officers of the Mc Lean Asylum.

LUTHER V. BELL, M. D. *Physician and Superintendent.*

JOHN R. LEE, M. D. *Assistant Physician and Apothecary.*

COLUMBUS TYLER, *Steward.*

Mrs. MARY E. TYLER, *Matron.*

HOMER GOODHUE, *Male Supervisor.*

MISS RELIEF R. BARBER, *Female Supervisor.*

# VISITING COMMITTEES

FOR

1837 - 8.

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February, . . . . .	Messrs. BOND and HOOPER.
March, . . . . .	“ HOOPER and LAWRENCE.
April, . . . . .	“ LAWRENCE and ELIOT.
May, . . . . .	“ ELIOT and BOWDITCH.
June, . . . . .	“ BOWDITCH and THORNDIKE.
July, . . . . .	“ THORNDIKE and LORING.
August, . . . . .	“ LORING and SHAW.
September, . . . . .	“ SHAW and CURTIS.
October, . . . . .	“ CURTIS and BRIMMER.
November, . . . . .	“ BRIMMER and AMORY.
December, . . . . .	“ AMORY and EDWARDS.
January, . . . . .	“ EDWARDS and BOND.